





Age Well Senior Services





MENUS WITH MORE THAN
2300 MG OF SODIUM FOR THE DAY
(CONDIMENTS NOT INCLUDED)

Home Delivered Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| SPAGHETTI & MEATBALLS BROCCOLI ITALIAN BLEND VEGETABLES PINEAPPLE GLAZED HAM MASHED POTATOES GREEN BEANS RASPBERRY GELATIN 3 | BARBEQUE CHICKEN BAKED SWEET POTATO SUCCOTASH TOSSED SALAD WITH DRESSING TURKEY SANDWICH ON WHEAT BREAD SUGAR COOKIES APPLESAUCE 4 | CANNELLONI ITALIAN GREEN BEANS BUTTERED CARROT COINS BREADED FISH FILETS CUBED POTATOES MIXED VEGETABLES BANANA 5 | POLISH SAUSAGE COUNTRY STYLE HASH BROWNS SAUERKRAUT ORANGE JUICE CAESAR SALAD HARD BOILED EGG WHEAT BREAD FRESH FRUIT 6 | SALISBURY STEAK & GRAVY BAKED POTATO HARVARD BEETS BAKED CHICKEN OVER RICE MASHED POTATOES BROCCOLI GRAHAM CRACKERS FRESH FRUIT 7 |
| SLICED TURKEY AND GRAVY CORN PEAS MEATLOAF WITH BROWN GRAVY MASHED POTATOES CALIFORNIA BLEND WHEAT BREAD PEARS 10 | MACARONI, HAM & CHEESE SPINACH BAKED TOMATO HALF SWEDISH MEATBALLS OVER EGG NOODLES MIXED VEGETABLES PEAS OATMEAL COOKIES 11 | FISH FILET IN LEMON SAUCE BROWN RICE CARROTS ORANGE JUICE EGG SALAD SANDWICH ON WHEAT BREAD COLESLAW FRESH FRUIT APPLE PIE 12 | TURKEY MEATLOAF WITH TOMATO SAUCE MASHED POTATOES BROCCOLI HAM SALAD SANDWICH ON WHEAT BREAD TOMATOES WITH DRESSING POUND CAKE FRESH FRUIT 13 | TURKEY ENCHILADA CHUCKWAGON CORN BROWN RICE CAESAR SALAD HARD BOILED EGG WHEAT BREAD PEACHES 14 |
| PORK RIBLET POTATOES O'BRIEN MIXED VEGETABLES TERIYAKI MEATBALLS OVER RICE GREEN BEANS CARROTS WHEAT BREAD CHOCOLATE PUDDING 17 | SWISS STEAK AND GRAVY MASHED POTATOES CAPRI BLEND VEGETABLES TUNA SALAD SANDWICH ON WHEAT BREAD FRESH FRUIT CHOCOLATE CHIP COOKIES 18 | GLAZED HAM SWEET POTATOES LIMA BEANS CHICKEN FAJITAS PEPPERS & ONIONS BROCCOLI APPLE BETTY ORANGE PINEAPPLE JUICE GRAHAM CRACKERS ÉCLAIR 19 | BAKED CHICKEN SCALLOPED POTATOES CARROTS ROTINI IN MEAT SAUCE MIXED VEGETABLES ITALIAN GREEN BEANS ORANGE JUICE FRUITED GELATIN 20 | ROAST TURKEY & GRAVY STUFFING/CANDIED YAMS GREEN BEANS CRANBERRY SAUCE DINNER ROLL PUMPKIN PIE PEPPER STEAK & GRAVY COUNTRY STYLE HASH BROWNS GREEN PEAS 21 |
|  24 |  25 | BEEF STEAK W/ ONION GRAVY MASHED POTATOES GREEN BEANS CHICKEN RANCHERO SPANISH RICE PINTO BEANS MIXED VEGETABLES SLICED PEARS POUND CAKE 26 | BBQ BEEF BAKED BEANS HASH BROWNS HARVEST VEGETABLE PLATE ORANGE PINEAPPLE JUICE WHEAT BREAD OATMEAL COOKIES FRUIT COCKTAIL 27 | CHICKEN FETTUCCINI GREEN BEANS HARVARD BEETS CHILI GREEN PEAS CORN & CARROTS ORANGE JUICE CHOCOLATE CHIP COOKIES 28 |
| SWISS STEAK MASHED POTATOES CAPRI BLEND VEGETABLES TUNA SALAD SANDWICH ON WHOLE WHEAT BREAD TOMATOES WITH DRESSING PINEAPPLE JUICE FRESH APPLE 31 |  <h1>December 2018</h1>  | | | |

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Home Delivered Breakfast

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 3 | ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 4 | ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 5 | APPLESAUCE RAISIN BRAN BREAD FOR TOAST MARGARINE LOW FAT MILK 6 | ORANGE JUICE WAFFLES SYRUP JELLY MARGARINE (2) LOW FAT MILK 7 |
| ORANGE JUICE OATMEAL ALMONDS AND RAISINS BREAD FOR TOAST MARGARINE LOW FAT MILK 10 | ORANGE JUICE WAFFLES JELLY SYRUP MARGARINE (2) LOW FAT MILK 11 | FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 12 | ORANGE JUICE FROSTED MINI-WHEATS BREAD FOR TOAST MARGARINE LOW FAT MILK 13 | ORANGE JUICE BANANA BRAN FLAKES BREAD FOR TOAST MARGARINE LOW FAT MILK 14 |
| ORANGE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 17 | ORANGE JUICE RAISIN BRAN BREAD FOR TOAST (2) MARGARINE (2) LOW FAT MILK 18 | ORANGE PINEAPPLE JUICE 1/2 BAGEL JELLY MARGARINE LOW FAT MILK 19 | BANANA TOASTED OATS YOGURT LOW FAT MILK 20 | FRESH FRUIT SCRAMBLED EGGS BREAD FOR TOAST (2) JELLY MARGARINE (2) LOW FAT MILK 21 |
|  24 | <i>Merry Christmas</i>  25 | FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 26 | ORANGE JUICE TOASTED OATS YOGURT LOW FAT MILK 27 | ORANGE PINEAPPLE JUICE OATMEAL ALMONDS AND RAISINS LOW FAT MILK 28 |
| FRESH FRUIT 1/2 BAGEL PEANUT BUTTER JELLY MARGARINE LOW FAT MILK 31 |  | <h1>December 2018</h1> | |  |